

Physical Assessment Checklist

General Survey

1. General Appearance
 - a. Grooming
 - b. Obvious signs of distress
2. Height and Weight
3. Vital Signs (T, BP, P, R, pain assessment)

Neurological

1. Mental status
 - a. A&Ox3
2. Assess gross vision and hearing
3. PERRLA (pupils equal, round, reactive to light and accommodation)
4. Facial symmetry
5. Grip strength
6. Gait / MAE

Cardiovascular

1. Inspect precordium, inspect jugular veins for JVD
2. Palpate for PMI/trills (5th intercostal space/midclavicular line)
3. Auscultate heart sounds
 - a. Apical pulse
 - b. Identify S1 and S2 and any abnormal sounds
4. Palpation pulses in the following areas
 - a. Radial
 - b. Dorsalis pedis / posterior tibialis
5. Capillary refill in fingernail beds and toenail beds

Respiratory

1. Inspect chest wall for shape and symmetry of movement
2. Auscultate breath sounds
3. Percuss for diminished breath sounds
4. Oxygen therapy and pulse ox.

Abdominal

1. Inspect for shape, symmetry, pulsations
2. Auscultate all 4 quadrants for bowel sounds
3. Light palpation for firmness, masses and pulsations
4. Percussion over all 4 quadrants

Integument

1. Inspect skin, hair, nails for irregularities: edema, ulceration, erythema, pallor
2. Palpate for temperature
3. Wounds / drains
4. IV, tubes